



A PRACTICAL GUIDE TO SURVIVAL FOOD STORAGE TODAY

Survival Pantry: A Practical Guide To Survival Food Storage Today

Sara Wilson

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Introduction

I want to thank you and congratulate you for downloading the book *“Survival Pantry: A Practical Guide to Survival Food Storage Today”*

This book contains proven steps and strategies on how to prepare a survival pantry in the event of a disaster.

Here’s an inescapable fact: you will need the knowledge inside this book to prepare for the possibilities of crisis.

If you do not develop your ability to create an effective survival pantry, you will not be able to survive long enough during a disaster. It’s time for you to become an amazing survivalist with the help of this guide. This is the book that you need to have in order for you to prepare yourself when disaster strikes.

Better Safe Than Sorry

Let's face it: these are dangerous times we live in. For the past few years, mankind has been struck by all manner of environmental disasters ranging from earthquakes to vicious hurricanes. Sure, modern technology allows us to predict if a storm is coming across one's way, but what then? When it hits, it is those people who are prepared for it that survive.

Survival preparedness has become more than just simple preparation; it has become a trend in most people's lives, particularly those who are forward-thinking enough to anticipate when a disaster could potentially strike. There is a trending term for these survivalists. They call them preparers, or preppers for short. There have been many documentaries revolving around these preppers and the way they go about their business, but what makes them really successful in what they do is the way they can make themselves self-sufficient when the need arises.

There doesn't have to be an impending apocalypse or major disaster to start being a prepper. As the saying goes, it is better to be safe than sorry. Various kinds of preppers have been popping up all over the country, especially after Hurricane Katrina in 2005, and this is proof that disaster preparedness is something every person should be aware of and should practice.

But what constitutes an effective prepper? For some it is the way you go about with your life. Most preppers will advise you to carry weaponry and ammunition in the event of a possible disaster, but the more pragmatic ones will tell you that the primary method for surviving is ensuring the most important thing in your life: food. Securing foodstuffs as well as goods that will allow you to fight starvation is a very important, if not the most important, facet of survival. This will come in the form of a well made survival pantry.

This guide's aim is to prepare you for any possible disaster that might come your way. It is a no-nonsense, foolproof guide that will give you various tips and strategies concerning the creation of an effective survival pantry, one that is guaranteed to help you survive various disasters that could come at any time. In it, you will find techniques on how to create a solid survival pantry, how to manage your resources effectively, as well as securing other very important commodities such as water and bartering goods. This book's promise is that, once you reach the end of the final chapter, you will be prepared for anything life will throw at you.

Why make a survival pantry?

This is a question most people ask whenever they are advised to create a survival pantry. The common man's instinct usually dictates that he should evacuate the area that was struck by the disaster. Although not entirely incorrect, it is far less effective compared to being able to weather out whatever situation you have been unfortunately thrust in.

The core of surviving in an area is the ability to adapt to your current surroundings, no matter how much it changes. Your home is your fortress, and keeping a well-prepared survival pantry is the key to being able to keep it secure. This of course depends if you are able to stay in the same location without anything jeopardizing your safety. If your area is heavily flooded, and the water threatens to enter your house, then that should be your cue to leave.

Below are various reasons why you should opt to create an effective survival pantry as early as now:

It is very cost effective

Creating a survival pantry as early as now is very cost-effective in the long run. You do not have to create a fully stocked survival pantry in the span of a week; the beauty of stocking long lasting food is that you can purchase them in staggered amounts. They will keep for a very long time, and if you feel like some of them are about to spoil or expire you may always opt to eat them and just replace what you have consumed.

It avoids market price inflations

One other reason why creating a survival pantry as soon as you can is considered to be a good idea is because of how the prices of foodstuffs tend to skyrocket during a disaster. Not many people know it, but most food stores and groceries tend to take advantage of a crisis by inflating the prices of their wares. The good news there is that if you purchase items during a season wherein there is no risk of disaster, you can be guaranteed that you will be able to buy them at the lowest cost possible.

It alleviates worries and panic

You need to be focused on survival during a disaster. Mistakes tend to happen when one panics. Worse still, one tends to simply give up on survival when one worries too much. Creating a survival pantry allows you to alleviate your worries and fight panic by ensuring you that you will not starve. Food has a way of comforting people, especially during a disaster. There is nothing more encouraging than knowing that you will not grow hungry as you survive.

It keeps you on your toes

Creating a survival pantry will instill that possibility in your head that disaster may strike at any time. No, this is not paranoia; you are simply preparing for a grim reality in the most positive manner possible. Preparing for a disaster by creating a survival pantry will keep you ready and alert when the unexpected occurs. More often than not, most people fail the first few days of survival because they were not prepared for it, and more so as the weeks pass. Keeping a disaster preparedness mindset will allow you to quickly adapt to it when the need arises.

It ensures the safety of the ones you love

Preparing a survival pantry does not only benefit you but also the ones you care about. This goes hand in hand with peace of mind; you will not have to worry anymore about how to make sure that your loved ones survive what may happen in the future, therefore allowing you to effectively focus on the possible task at hand. It also allows them to be able to help you without having to worry about their food; you've already taken care of that, therefore it lets them help you out during disasters, by way of assistance in repairs and quite possibly rescue.

It puts you in a very good position during disasters

Keeping an effective survival pantry places you in an advantageous position during a disaster, since you have the most important commodity for survival: food. You can use that to enlist help from other survivors, allowing you to alleviate the burden of recovery by exchanging food for manpower. This is a topic that will be elaborated in a chapter in this book.

It guarantees your well-being in a crisis

The most important part of creating a survival pantry is ensuring your personal well-being. This is a fact that has been mentioned in snippets in the previous points. It allows you to free your mind from the worries of where to forage for food or the fear of starvation, thus letting you focus on other survival strategies that will require all of your attention. Having a survival pantry also guarantees that you will have the energy to be able to operate well during a crisis. One of the main reasons why people fail to survive during a disaster is because they lack the physical energy to do so, and this is usually brought upon by fatigue or starvation. Having a well-stocked survival pantry guarantees that you will have the fuel you need to keep going by way of healthy food and good nourishment.

Structure: What makes a good survival pantry?

Now that you are aware of the advantages of a survival pantry, the next thing you need to do is figure out how to make one. No, this does not include the food yet. This deals more with the structure of the pantry itself: where to establish it, as well as the things you will need to construct in order to make it a fully functional pantry that does not only house your food but may also serve as a self-sufficient bunker of sorts should the need to hunker down arises.

Why make a self-sufficient pantry, you say? Well, constructing a survival pantry inside your house is all well and good, but what if a hurricane suddenly hits your area? Would it not be advantageous to actually construct one outside your house? This will be explained in the following points, but it is highly recommended that you construct your survival pantry outside your home. This also develops a survival mindset that is separate from your daily life; when disaster strikes, you will not have to worry about keeping your house intact, but instead just focusing on a smaller, more compact environment that is filled with the things that you need to survive.

Below are the points that you will need to take care of when constructing a survival pantry. Follow each step to the letter to allow you to make a pantry that is guaranteed to be sturdy and fully functional during a disaster.

Location and structure

A survival pantry's effectiveness starts with where you build it. There are people who opt to make it indoors. Although this is not a bad idea, it is highly recommended that you build one in a cellar or perhaps outside your home in an underground location that's not too far from your home. Remember to keep it away from any low bearing structure or anything that might prevent you from leaving it once disaster strikes. This includes large trees that could possibly fall on the doorway or structures that might block your exit route should a hurricane arrive.

When constructing a survival pantry, you should also pay close attention to the material you use to make it. Stick to solid foundations made of metal and concrete to enable it to withstand tremendous amounts of force during a hurricane. Building it entirely out of concrete also allows it to remain cool. Avoid using wood when constructing one as it tends to attract termites. Wood also becomes brittle with age, and you will want your survival pantry to last for a very long time. You never know when you're going to need it, so you need it to remain as strong as it was on the day you finished building it.

When planning the blueprints for the survival pantry, make sure you avoid having too many open rooms, especially if you're building it underground. The last thing you want is your pantry caving in or collapsing. Place thick pillars at strategic portions of the room. The pillars must have a steel skeleton and a concrete body to ensure toughness.

Walls are also helpful, but make sure that they are thick enough to withstand an earthquake. The goal here is to create a survival pantry that can withstand tremors and strong blasts of wind. By making one underground, you will be able to avoid hurricanes, but it puts you at risk during earthquakes, so make sure that the structure is constructed in a manner wherein no foundations will easily collapse.

When drafting a blueprint for the survival pantry, make sure that you allow for at least three points of entry to it. The first one will be your main entrance and should be wide enough for at least three people, with a strong metal door protecting it. The second one should be strategically placed at the far end of the room in case you find the need to escape in a hurry. The last one should be small enough for at least a single person to crawl through; this one should be made of steel to ensure that it will not collapse during an earthquake. Think of it as a metal chimney of sorts that connects to the upper level of the structure; the exit portion of the passage should be shaped like a horn that faces forward to ensure that it does not get flooded.

If you are building this inside your house, treat the survival pantry like a panic room; it must be built entirely of metal to allow it to withstand heavy gales and possibly floods. Use waterproof material to avoid making the steel rusty and brittle. Also, allow for a small opening for air that will not be clogged by anything; the goal is to make the survival pantry sturdy while allowing enough ventilation.

With regard to ventilation, ensure that your survival pantry has enough installed exhaust fans in it. One of the main reasons why people fail to survive in closed environments is because they do not have enough air coming in. Build the ventilation system using sturdy steel, and make sure that the electric wiring for the exhaust fans are covered and insulated properly with thick wire plastic. Make sure that it is secured tightly to the ventilation pipe to avoid possible disconnections during earthquakes.

Your survival pantry does not have to be a bomb shelter, but it doesn't hurt to plan using reliable materials. The key word here is reliability; you must be able to trust the equipment used for it to allow you peace of mind. The last thing you want to happen is getting trapped inside your survival pantry, so make sure that you use sturdy material that will not warp, crumble, or easily be destroyed.

Maintenance is also an important facet of having a well-kept survival pantry. Make it a point to check your survival pantry's foundations and structure at least once a month. Simply having it there even if you built it with the sturdiest material available in the market is never enough. Always assume the worst possible scenario and plan accordingly. Do a regular check of the wiring and ventilation systems at least once a month, and check if there are any cracks or faults in the walls and foundations of the survival pantry. If possible, do a dry run that will last for at least three to four days

occasionally. Make it a point to do this at least once every three or so months to keep you on your toes. Treat it like a fire drill of sorts just to make sure that the entire system is working as planned.

Shelves

Now that your survival pantry is as tough as it can be, the next thing you need to plan for are the shelves where you will be keeping the foodstuffs you will have as well as the equipment you will need to survive.

Space is the thing that you should focus on when creating a survival pantry. Since you are constructing it with as minimal room as possible, it is just logical to create shelves that are variable in nature. This means that you have to be able to change the structure of the shelves when needed. Removable placements with sturdy screw on foundations are the best things to use when creating shelves. Secure the shelves on the wall with sturdy steel fastenings to make sure that they do not collapse during an earthquake. The last thing you want to happen is your food falling on the floor during a disaster.

To illustrate further, construct shelves with removable flat bases to allow for maximum configurability. There are a number of these shelves that are readily available on the market. They are similar to the shelves that you can find in construction goods shops and supermarkets. They need to be configurable because you will need to be able to change the size and shape of the shelves should you need to stock new objects and foodstuffs.

For fastening your food containers, use sturdy cords with hooks on the end similar to the material used for bungee cords and hiking backpacks. This will allow you to change the size of the squares in the shelves where you will put the various containers that will house your food. Using sturdy cords also ensure that they will absorb any shocks and tremors that may occur, thus securing the contents of each container and prevent them from mixing too much.

Bunk Beds

Bunk beds are another part of an effective survival pantry. Most people fail in this part as they assume that the only thing needed in a pantry is food. This is not the case, since the goal here is to ensure that you will survive inside for the longest time possible. Rest is a major part of survival—not just food. You have to be able to conserve as much energy as possible to think and plan your next move.

Although sleeping bags are okay, they do not offer much comfort. Another thing about sleeping bags is that they consume too much space. One good way of creating an effective bunk bed is to treat them like pull-out hammocks.

Making a pull out hammock is similar to how you will be creating your shelves. They need to be configurable as well to allow for maximum room inside your survival pantry. To do this, first purchase a thick and strong canvas for the bed. The material they use for military beds are the best ones to use since they are water resistant and can

withstand wear and tear. Fasten the canvas to a steel rod that has a diameter that is a little longer than the other side of the canvas and roll it up. Attach this rod to a corner of the pantry and place two to three hooks a little above it.

Next, place rings on the other end of the canvas depending on how many hooks you attached to the wall where the rod is connected to. Use industrial strength rings, thick ones made of strong stainless steel.

Connect two or three strong cords in the ceiling of your survival pantry and make sure that they can support your weight. To finalize the pull out hammock for use, connect these cords at the other end of the canvas.

Having a roll-out hammock also allows you to maximize the space. You can even use it for other things, such as an extra shelf for certain goods that require a soft bed to be on. The cords you will use to secure the other end of the hammock can be used to hang things, allowing you to have a variable system that ensures maximum usability, not just for sleeping but for other functions as well.

Pipeline

A stable pipeline is an important part of keeping an effective survival pantry. You will need an ample amount of water as well as an effective way to remove it from the room should the need arise. Make sure that the pipeline is made out of sturdy PVC and not steel since metal can be corroded by liquids. Secure its joints well and make sure that the end part of the pipeline will not be clogged by anything. Attach wire mesh to each end of the pipeline to make sure that only liquids will pass through it. It is also a good idea to place the end of the pipeline on soft soil to allow the soil to absorb the water.

Electricity

Electricity is a part of an effective survival pantry. Your ventilation system, lighting, and other electronic items such as radios and television sets will require power to function, so make sure that electricity is a major consideration when creating a survival pantry. The items you will need to be able to keep energy flowing inside your facility will be discussed in the later chapters of this book.

Food storage: What to keep inside your survival pantry

Bunk beds and proper ventilation are but a few of the things that you require to have an effective survival pantry, particularly one that will ensure that you can see yourself through a major disaster. The bulk of planning for a good survival pantry is the food that will be kept inside it, and is the main topic of this book.

One of the reasons why some preppers fail to create an effective survival pantry is because they tend to stock a single type of food too much. One of the secrets of being able to survive is diversity and variability in food.

When stocking foodstuffs, do not only think about getting fed; you should also enjoy what you are eating. If you will be spending the next few months eating oatmeal, you will get bored of it. Another reason why you should keep a variety of food is proper nutrition; you must be able to stay in tip top shape to survive whatever is coming your way, and the things you eat play a major role and making it happen.

With that said, you do not have to keep a large amount of varying food items. Some food items can be used in different ways. This will allow you to have a wide selection of dishes that will not only help you stay nourished but will also keep you happy while you hunker down in your survival pantry.

So what are the food items that you should have in your survival pantry? The following are recommended necessities for a complete survival pantry, but you can also seek alternatives for them.

Rice: Rice is a staple food item that goes with virtually anything. It is easy to cook and it stays fresh for a very long time. Uncooked rice, if properly kept in an airtight container, can stay for as long as ten years and will still be as fresh as the day you bought it. It is high in carbohydrates, allowing you to gain energy that you will need to perform heavy activities should the need arises.

It is recommended that you keep at least two sacks of rice which weigh ten pounds each and place them in a sturdy and airtight plastic container. Another thing about rice is that it is cheap; this allows you to purchase it in large amounts without impacting your finances too much.

Salt: Salt is a very important part of survival as it can be used in many different ways. It can add flavor to any dish and can also be used to store meat. Make sure that you have at least a sack of salt in your survival pantry.

Honey: Honey is a top level survival item because of how long it can last. It beats sugar hands down as a universal sweetener since honey will never spoil. It is also an effective antibacterial medicine, allowing you to cure upset stomachs and even boils. Make sure you purchase raw honey, though, since pure honey tends to be processed already and may lose its effectiveness over time. Additionally, the wax that comes with raw honey may also double as an effective sealant and candle wax.

Coconut oil: Oil is an important element for fried goods, and the best one to keep around is coconut oil. It keeps for a very long time and it has the longest shelf life among all oil types. Virgin coconut oil is also an effective antibacterial substance that can be applied to infections.

Lard: Lard has many uses during a crisis. It can be used as a substitute for oil when frying or as fuel for lamp lights. By embedding a piece of triple wound string or twine deep inside a bucket of vegetable shortening, you can have a candle that is guaranteed to burn for as long as forty eight days. It is recommended to keep at least six pounds of lard inside your survival pantry, and it will remain fresh for as long as two years or more.

Oats: Oats have an amazing shelf life when stored properly, and can last for as long as twenty or more years. It is very nutritious, and is very easy to cook and prepare. It is recommended to have at least a sack of oats inside your survival pantry.

Canned goods: Storing canned goods is a good idea but avoid filling your survival pantry with the same kind. If you would keep canned goods, it is recommended that you check the label and see how long each will keep. Organize them in your shelves depending on their expiry date. Fruits and vegetables have a low shelf life, around two years or so, while meats will most likely last for at least five or six years.

Sugar: Select brown sugar as it will keep for as long as ten years. It is a good sweetener and will help you with your caloric intake, a necessary energy element to keep you going during your survival run.

Pasta: Pasta is an excellent replacement for rice, although it will only remain fresh for as long as four or five years given that it is placed in an airtight container. Do not buy too many of these as they tend to eat up a lot of space in your shelves; three or four standard bags of pasta should be enough. Pasta can also be used in various meals, ranging from basic spaghetti to fried or soupy noodles.

Dried goods: Dried goods are very important food items that you should consider for your survival pantry. These come in different forms, from cured, dehydrated, to salted and even smoked, and have an amazing shelf life. They can be cooked on their own or as additives in various dishes. They are easy to prepare, and sometimes can be eaten right off the packaging.

Dried goods encompass a variety of food items. You should keep a generous amount of dehydrated vegetables and fruits in airtight containers, as well as meats to ensure that you have a wide option of dishes during your survival run.

Spices: Small spice items such as peppers, laurel leaves and dried garlic are great items to keep for their shelf life and their ability to change a dish's taste dramatically. They are also easy to keep due to their small container size. It is highly recommended that you have at least two or three bottles of each, and they will keep for as long as three years.

Food and water strategies: How to keep food and water for a long time

Purchasing food items right off the bat and placing them in your survival pantry should not be the only thing you must think of. Effective storing is an important part of food storage as newly purchased items will be kept in containers that will either cause trouble for you due to their quality or consume too much space because they are bulky.

When preparing for your survival pantry, it is recommended that you purchase different plastic containers such as jars and boxes. It is good if they can be stacked on top of each other; this will allow you to maximize the space you have and keep more goods at the same time.

Why plastic containers, you ask? Well, in the event of an earthquake, plastic containers will ensure that your goods will remain intact. Glass jars have a high tendency to fall and break, as well as ceramic ones. Plastic containers, especially ones with rubber grips, allow you to handle them with ease, thus minimizing risks.

Use airtight plastic containers when repacking your food. A good brand to go with would be Tupperware as they always guarantee airtight containers that will allow your food to be kept up to their maximum allowed shelf life. For containers, opt for ones with sturdy locks and are stackable on top of each other. There are many of these sold in markets all across the country. Make sure you purchase containers that are see-through so you can check which contains what.

If you opt to preserve food on your own, it is recommended that you purchase your own dehydrator. There are a number of quality dehydrators in the market that are easy to use.

Although mason jars are a great way of keeping food fresh for a long time, they are made of glass and can become troublesome during an earthquake. Opt to keep food within zip-lock bags and place them in plastic jars to double the effects.

One of the most overlooked facets of an effective survival run is water. It is a fact that a person can live for a week or more with just clean drinking water, so it is important that you keep an ample amount of it stocked inside antibacterial plastic containers. Make sure that you have a lot of water in your pantry, at least two to three hundred gallons divided across twenty gallon plastic containers.

Keeping water inside your pantry is not enough. Maintaining its cleanliness is of utmost concern. Therefore, you should opt to change your water every month if you

are not currently subjected to a disaster. You may also want to opt for water filtration systems that are readily available at various shops.

But what if you don't have any water left in your storage? There are different ways in which a person can still acquire clean drinking water. Assuming that you have a filtration device, you should then set up catch cups outside your pantry during rainfall. Filtration devices will filter out the bacteria and acid in the rain, but don't rely on that alone. You also need to boil your filtered rainwater to remove any excess germs that could have bypassed the filtration system.

Water management and rationing is also a big factor when keeping water in stock. Ensure that you do not consume too much water each day as it will become very difficult for you to acquire a replacement when needed. Although soup dishes are a great way to maximize food, keep it to a minimum as it will require you to use your precious water resources. If you must have dishes that require water, opt to have them during dinner.

You can further maximize your water efficiency by using the same water you have used to wash rice for your soup or for hydrating dried goods. Conserve your water and make sure that you do not waste too much; you will need it in the long run.

Conclusion

Thank you again for downloading this book!

I hope this book was able to help you to prepare an effective survival pantry, one that will see you through even the worst disasters imaginable.

There are many other ways to improve your survival pantry, most of which will depend on your geographical location and what kinds of disasters frequent your region. A vigilant mind and a ready hand will always ensure that you can see yourself and the ones you love through any disaster while you remain happy and fed.

The next step is to keep the lessons taught in this book to heart. Do not hesitate to consult it during times of need. Knowledge should always be your primary tool when facing a crisis, as well as a firm determination to survive.

Finally, if you enjoyed this book, please take the time to share your thoughts and post a review on Amazon. It'd be greatly appreciated!

Thank you and good luck!